

## **ABSTRACT**

The present invention provides a head holding member and  
5 a head holding method of a head actuator having a very high  
impact resisting property, and having a simple construction,  
and a disk device using the head holding member and the head  
holding method. The head holding member resists an impact  
applied at a stopping time, and a stable operation can be  
10 performed at a power turning-on time.